

# Concerned About Your Relationship?

☐ Are you ever afraid  
of your partner?

☐ Does your partner tell you  
what to do and who to see?

☐ Has your partner ever  
threatened to harm you?

☐ Has your partner ever  
pushed or hit you,  
thrown things at you  
or forced you to have sex?

☐ Does your partner threaten  
to have you deported?

**IF YOU ANSWERED "YES,"  
EVEN ONCE,  
YOUR PARTNER  
MAY BE ABUSIVE.**

# Abuse Affects Your Health

Abuse usually gets worse over time and will eventually have a harmful effect on you. Is your relationship causing any of these problems or making them worse?

- ☐ Anxiety, depression or feeling bad about yourself;
- ☐ Sleep problems or feeling tired a lot;
- ☐ Physical injuries;
- ☐ Inability to pay attention to your children;
- ☐ Headaches, back or stomach pains, frequent colds, flus or high blood pressure;
- ☐ Eating problems, such as eating too much or not at all;
- ☐ Sexually transmitted diseases and unwanted pregnancies from forced sex;
- ☐ Substance abuse.





“It started with his criticisms and put-downs. The verbal abuse expanded to his driving crazy and hitting me.”


JULIE

# Health Care Providers are Here to Help

Please let the nurse or doctor know that you are afraid of your partner or that your partner is hurting you.

## **YOUR HEALTH CARE PROVIDER MAY BE ABLE TO:**







-  *Meet with you privately.*
-  *Talk with you about your options.*
-  *Help you find a safe place to stay, counseling, legal help or other services you may need;*
-  *Keep records (including photos) of any injuries.* These will be useful if you ever decide to go to court for a restraining order or to seek custody of your children.


 *I really appreciate it when my patients tell me what's going on. I know it's hard to speak up. But telling the truth is the first step to getting help."*

**LEIGH, DOCTOR**

You should know that in some states the law requires clinics and hospitals to report certain kinds of abuse. Call one of the local resources listed on the back to discuss what the law is in your area.

# Take Action: What You Can Do

-  *Talk with somebody you trust:* a friend or relative, someone from your job or house of worship, or someone at this clinic or hospital.
-  *Put together an "emergency kit"* of things you would really need if you had to leave suddenly, such as identification, medicine, keys and money.
-  *Call one of the groups listed on the back* to find out about counseling, books you can read about abuse, support groups and other free and low-cost services.
-  *Call the police if you are in danger.*
-  *If you decide to leave, take your children with you.*
-  *Remember that you are the expert about your own life.*  
Don't let anyone talk you into doing something that's not right for you.

 *Abuse is the cause of so many of our patients' health problems. I try to listen and help them find safety."*

**JOHN, NURSE**

## There is no Excuse for Abuse

# You are Not Alone.

**A**buse happens in every culture, every country and every age group and it may be happening to you.

“*I thought his jealousy was testimony of his love for me. I later realized it was a sign of his abusive behavior.*”

**KAREN**

If you are being abused, you may feel frightened, hurt, confused, disappointed, angry, ashamed or hopeless. Your

partner might make it worse by blaming you. **But no one deserves to be abused or threatened.** You cannot stop your partner's abuse, but you can find help and support for yourself.

## Local Resources

### SAN FRANCISCO

All numbers are in the 415 area code.

#### 24-HOUR INFORMATION ON SHELTER, COUNSELING AND OTHER SERVICES

■ ▽ **W.O.M.A.N., Inc.**  
(Women Organized to Make Abuse Nonexistent)

**864-4722**

#### COUNSELING/SUPPORT SERVICES

- ◆ ○ ▽ Asian Women's Shelter 751-7110
- Cameron House 781-0401
- ▽ CUAV (Community United Against Violence) 777-5500
- ◆ ■ La Casa de las Madres 777-1808
- ◆ ■ Riley Center/Rosalie House 552-2943
- ○ SF Women Against Rape 647-7273

#### LEGAL ASSISTANCE

- Nihonmachi Legal Outreach 567-6255
- ○ ▽ SF Neighborhood Legal Assistance 982-1300
- Volunteer Legal Services Program 982-1600
- SF Police-Domestic Violence Unit 553-9225

#### IF YOU ARE ABUSING YOUR PARTNER, CALL:

- Manalive 552-1361
- ▽ MOVE 777-4496

- ◆ Services include emergency shelter
- Spanish spoken
- Asian languages spoken
- ▽ Specialized gay, lesbian, bisexual and/or transgendered services

**NATIONAL DOMESTIC VIOLENCE HOTLINE  
800-799-7233**

**FAMILY  
VIOLENCE  
PREVENTION  
FUND**

**383 RHODE ISLAND STREET, SUITE 304  
SAN FRANCISCO, CA 94103-5133  
PH: (415) 252-8900; FAX: (415) 252-8991  
E-MAIL: [fund@fvpf.org](mailto:fund@fvpf.org)  
WEBSITE: <http://www.fvpf.org>**

✓ The FUND grants its permission for you to reproduce this brochure in full. Please feel free to reproduce and distribute it. This brochure is available in different languages. Call for more information.

Authors: Jessica Bucciarelli, Sue Martin and Shereen Usdin. Art Direction and Design: JPD Communications. Produced by the Family Violence Prevention Fund with financial support from the U.S. Department of Health and Human Services, the San Francisco Commission on the Status of Women and the Conrad N. Hilton Foundation.

The Family Violence Prevention Fund wishes to thank Patrick Letellier, Karen Thomas, Julie Thornton Senegor, Asian Women's Shelter, La Casa de las Madres, Community United Against Violence, Family Violence Project, Lyon-Martin Women's Health Services, San Francisco General Hospital and W.O.M.A.N., Inc. for their valuable contributions to this brochure.